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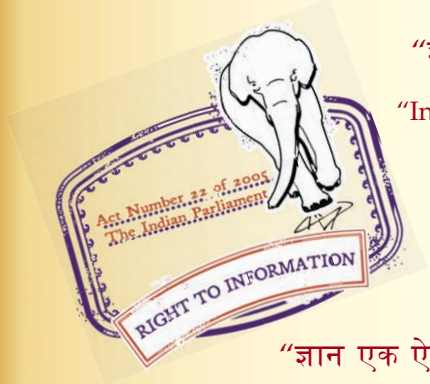
IS 10833 (1984): Gymnastic Equipment - Surfaces for Floor Exercises - Boards [PCD 22: Sports Goods]



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"ज्ञान एक ऐसा खजाना है जो कभी चुराया नहीं जा सकता है"
Bhartṛhari—Nītiśatakam
"Knowledge is such a treasure which cannot be stolen"

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UDC 685·643·6

Indian Standard

(Reaffirmed 2002)

SPECIFICATION FOR GYMNASTIC EQUIPMENT — SURFACES FOR FLOOR EXERCISES — BOARDS

(ISO Title : Gymnastic Equipment — Surfaces for Floor Exercises — Boards)

Sports Goods Sectional Committee, CPDC 4; Gymnasium Equipment Subcommittee, CPDC 4 : 10 [Ref : Doc : CPDC 4 (1748)]

National Foreword

This Indian Standard, which is identical with ISO 5907-1980 'Gymnastic equipment — Surfaces for floor exercises — Boards' issued by the International Organization for Standardization (ISO), was adopted by the Indian Standards Institution on the recommendation of the Sports Goods Sectional Committee and approved by the Consumer Products and Medical Instruments Division Council.

Comma (,) has been used as a decimal marker while in Indian Standards the current practice is to use a point (.) as the decimal marker.

Wherever the words 'International Standard' appear referring to this standard, they should be read as 'Indian Standard'.

In this Indian Standard the following International Standards are referred to whose corresponding Indian Standards are also given. Read the corresponding Indian Standard wherever a reference to an International Standard appears:

International Standard	*Corresponding Indian Standard*	*Degree of Correspondance*
ISO 5903-1981 Gymnastic equipment — Landing mats and surfaces for floor exercises — Determination of hardness and impact damp ing.	IS : 10830-1984 Specification for gymnastic equipment — Landing mats and surfaces for floor exercises — Determination of resistance and impact damp ing.	Identical
ISO 5904-1981 Gymnastic equipment — Landing mats and surfaces for floor exercises — Determination of resistance to slipping.	IS : 10888-1984 Specification for gymnastic equipment — Landing mats and surfaces for floor exercises — Determination of resistance to slipping (*under preparation*).	Identical
ISO 5906-1980 Gymnastic equipment — Surfaces for floor exercises—Mats.	IS : 10832-1984 Specification for gymnastic equipment — Surfaces for floor exercises — Mats.	Identical

Adopted 23 January 1984

Gr 2

INDIAN STANDARDS INSTITUTION
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1 Scope and field of application

This International Standard specifies the characteristics of boards for floor exercises for use in competitions and training. The determination of these characteristics shall ensure that:

a) for competitions and training, boards for floor exercises of the same hardness and shock absorption are used, the surface of which presents in all directions the same resistance to slipping, depending on their use;

b) the risk of injury to the gymnast, by slipping, is reduced.

2 References

ISO 5903, *Gymnastic equipment — Landing mats and surfaces for floor exercises — Determination of hardness and shock absorption.*

ISO 5904, *Gymnastic equipment — Landing mats and surfaces for floor exercises — Determination of resistance to slipping.*

ISO 5906, *Gymnastic equipment — Surfaces for floor exercises — Mats.*

3 Dimensions

The total surface of the board for floor exercises shall be (12 000±50 mm) × (12 000±50 mm). Dimensions of one plate-part are indicated in Table 1.

Table 1

Dimensions in millimetres

Length	Width	Height
2 000	1 200	*

*At the option of the manufacturer.

4 Material

The manufacturer is free to choose the material for the board for floor exercises, observing, however, the requirements on the hardness and shock absorption and the degree of resistance to slipping as given in this International Standard.

5 Design

The manufacturer is free to choose the design of the plate-parts and their assembly observing, however, the requirements given in this International Standard.

The board for floor exercises can consist of several plate-parts placed side-by-side with practically no gap. Cross joints shall be avoided as far as possible. During use, any displacement of the individual plate-parts shall be excluded. The surface available for the floor exercises having a size of 12 000 mm × 12 000 mm shall be clearly marked with another colour for identification.

NOTE — The International Gymnastic Federation (IGF) prescribes a surface of 12 000 mm × 12 000 mm for floor exercises at international competitions. This surface can be a board for floor exercises as given in this International Standard or a mat for floor exercises, in accordance with ISO 5906, which is placed on the gymnasium floor.

A safety zone of 500 mm shall be provided around the board for floor exercises. It shall have the same material characteristics and shall slope up from the ground to the level of the board and shall be clearly marked in a distinct colour.

If the board for floor exercises is placed on a raised platform, a surface of at least 14 000 mm × 14 000 mm shall be provided for this platform.

6 Requirements and Tests

6.1 Hardness and shock absorption

The determination of hardness and shock absorption shall be carried out in accordance with ISO 5903.

Table 2

Characteristic	Total mean value	Field of fluctuation of the mean values of the individual measuring points max.
Depth of penetration, *P*, mm	15 to 20	5
Height of rebound, *R*, mm	over 140	40

The measurement shall be carried out at nine measuring points distributed symmetrically over landing surface.

Some measuring points shall be placed in the area of cross points or T-shaped joints.

If indications concerning the number N of rebounds of the test piece and concerning the coefficient of shock absorption ξ are required, see ISO 5903.

6.2 Resistance to slipping of the landing surface

The determination of resistance to slipping shall be carried out in accordance with ISO 5904.

Table 3

Characteristic	Total mean value	Field of fluctuation of the mean values of the individual measuring points max.
Average tensile force, F, N	30 to 70	15

The measurements shall be carried out from one side to the other in a longitudinal and transverse direction at any point of the board for floor exercises.

7 Note

At present, boards for floor exercises consist of an elastic layer or rubber or similar material fixed by tenons onto a box-frame construction made of plywood or similar material. It was decided not to give a more detailed description of the design in order to not violate existing patent rights and restrict development. It is possible that boards for floor exercises will be made of a single material in the near future.

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